

CASH PRIZES FOR BEST
FLOAT DESIGN. See page 2

KOSHLAND GENEROSITY
TO V.V. CONTINUES. See page 6

GRAPENE

VISITACION VALLEY

VOL II, NO 3

SERVING OUR COMMUNITY

MARCH 1987



SAN BRUNO MOUNTAIN OFFERS A BREATHTAKING VIEW OF THE MANY NEIGHBORHOODS WHICH HAVE GROWN AROUND IT.

Will Future Jeopardize San Bruno Mountain?

By Nancy Kerns

Cool, green San Bruno Mountain rises from Visitacion Valley's west, peaceful yet full of life, looking calm and eternal.

But just because San Bruno Mountain looks like it's going to be here forever doesn't mean it is.

Development is planned for much of the mountain's still pristine perimeter; development that threatens to wipe out several rare

and endangered species of plants and animals, as well as pave over what is perhaps the largest Awashtes Indian midden still intact in the Bay Area.

This doesn't mean the mountain is doomed, however. Through the efforts of concerned citizens and environmentalists, 2,266 of the mountain's 4,100 acres have been preserved in county and state parks. Groups that were formed to accomplish this are still in existence, still fighting to save the

rest of the mountain. But while people associated with these groups are adamant that much more of the mountain must be protected, developers are using a relatively new tact to get the go-ahead on construction all around the mountain.

In 1982, the federal Endangered Species Act (which prohibits the destruction of endangered species and their habitats) was reinterpreted under pressure from developers. The developers and

their allies came up with a compromise to the E.S.A., a plan they ironically call the Habitat Conservation Plan. Under the provisions of this plan, developers have only to indicate that they will minimize the destruction of endangered plants or animals, instead of not killing any at all.

The H.C.P. is being tested on San Bruno Mountain, where developers are trying to move two

Continued on Page 5

Speaking of Health

By Jacqueline W. Wasserman, RN, FNP

Weight Loss Through Exercise

Time and again it has been shown that the only sure-fire way to lose weight and keep it off is through diet and exercise. Diet alone is not enough. By changing the metabolism of your body -- raising or increasing it through exercise -- it becomes possible to burn calories even at rest. This change, with regular exercise, can become permanent.

Exercise needn't feel like work, or cause pain or be boring. People who exercise regularly not only maintain an ideal body weight, but tend to sleep better, have increased energy, and have a better mental outlook. Exercise also acts as a natural appetite suppressant.

It sounds appealing. How to get started?

1) Set realistic goals. Don't do more than you're able to do -- especially if you haven't exercised in a long time. If your plan is to take a 15 minute walk and work up to 30 minutes per day -- work up to it gradually. Don't make a plan you can't live up to.

2) Choose the best time for you. It is recommended that exercise is most beneficial at times of the day when you're feeling most anxious.

In any case, having a regular routine will lead to greater success and consistency.

- 3) Have variety in your routine. Most people find that exercise can be boring. Try to change your routine. For example, if you walk, change the route.
- 4) Keep track of your progress. Write down when you started exercising, for how long, and record your weight. Then check-in weekly and note your progress. Doing well deserves a reward.
- 5) Enjoy yourself. Any exercise routine should be enjoyable or you won't do it. Envision yourself as being slim, healthy, and active as you exercise and it can become true.

Young Catholics Invited To Join Club

Our Lady of the Visitacion youth group seeks new members for their program. Young Catholic men and women between the ages of 15 to 19 are encouraged to join. The club will have a special orientation meeting on March 4th at 7:30 p.m. at the Majella House located at 318 Leland Ave in Visitacion Valley. If interested, please contact Brother

Steve at 584- 5649.

The group is moderated by Brother Steve Greinke, G.Ss.R., a Redemptorist brother who is experienced with youth groups.

Just recently, he was coordinator of the Holy Redeemer Parish Catholic Youth Group in Portland, Oregon, and has worked in the state of Wisconsin, as well.

PLEASE SEND US A COPY OF YOUR FAVORITE RECIPE BY APRIL 20TH. ON MAY 16TH AT OUR COMMUNITY STREET FAIR, WE WILL RELEASE HELIUM FILLED BALLOONS WITH THE RECIPES ATTACHED, ASKING THE FINDER TO RETURN ONE OF THEIR FAVORITE RECIPES.

THE RECIPES COLLECTED WILL BE USED FOR A COMMUNITY COOK-BOOK OF MULTI-CULTURAL FOODS FOR THE 1988 ANNUAL STREET FAIR. FOR MORE INFORMATION, CONTACT ANNE KAARTUNEN, VVCC, 50 RAYMOND AVE., SAN FRANCISCO, CA 94134



GRAPEVINE

VISITACION VALLEY

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A Parade Is Coming To Town

Get Creative! Design a float for Visitacion Valley's big Parade on Saturday, May 16, 1987. The parade will wind down through the Valley from its staging area at Coffman Pool beginning at 10:00 a.m.

Marching bands, drill units, cheerleaders, horses and riders and floats are already committed. Don't be left out!

The Annual Street Fair and Arts

Festival will begin immediately following the parade on Raymond Avenue between Alpha and Bayshore.

Artists are invited to show their work. Cash prizes will be awarded and ribbons for all entrants.

The Street Fair gives organizations and individuals the opportunity to make some money and become more visible in the community. Booth space rents for

\$10.00 for a 10'x 10' space. All profits are yours to keep.

The Fair Committee encourages all organizations considering a booth to make it an action-packed activity, such as a game of skill or chance. Simple informational booths are discouraged.

Call 467-6400 or drop into the Community Center at 50 Raymond Avenue for entry forms.

**Valley United Street Fair & Parade
50 Raymond Avenue
May 16, 1987 • 10 AM**

VVES Is Nominated For Distinguished School Award

This month Visitacion Valley Elementary School was one of twenty-four schools in S.F.U.S.D. nominated by the State Dept. of Education to apply for a California State Recognition Award. Awards to winning schools will be made in four categories: (1) distinguished schools, (2) schools showing outstanding achievement, (3) exemplary programs and people, and (4) outstanding students.

The purpose of the Distinguished Schools Recognition Program is to identify and call attention to schools in the State of California that are unusually successful in meeting the educational needs of all students or that have overcome obstacles and problems and are continuing to make exceptional improvement in their educational program. The State wishes to recognize schools that have a record of program excellence and those that have demonstrated exceptional improvement in their educational program over at least the last three years.

In other words, both excellence of status as well as excellence in growth will be recognized.

If selected as a finalist in the CSR Program, Visitacion Valley

will be visited by a panel of experts from the State and receive Statewide recognition. Congratulations to the staff, students and parents of Visitacion Valley Elementary school for their hard work. Keep striving for excellence in education!!

Geneva Towers Youth Program Funded

The Koshland Committee of the San Francisco Foundation has approved a grant for \$15,052 for 12 months to Geneva Towers Recreation Program for development of a secure site for an evening recreation and study program for Geneva Towers youth. Located at Visitacion Valley Middle School's gymnasium, Vernon Long, well-known recreation director at Geneva Towers, will supervise the young people assisted by Geneva Towers volunteers.

The Skylions Athletic Club of Daly City will provide liability insurance and Valley Baptist Church has been chosen as fiscal agent.

Little Hollywood Report

By Don Bartone

We are proud to introduce Little Hollywood Improvement Association's new officers for 1987:

Don Bartone -- President

Rose Fabrao -- Vice President

Ken Fleming -- Sec.-Treasurer

Ron Gibson -- Sgt.-At-Arms

Irene Poldino -- Sunshine Lady

Frank Norrell --

Ex -- Officio President

Board of Directors

John Sant

Inez Johnson

Fred Henwood

Eugene Lacy

Sam Brown

There you have it. All friends and neighbors of yours, so if you want something brought to the Clubs attention, give a call!

A community is a group of people that have a good outlook on life, enjoy working together, doing things together, raising children, and trying to leave the place as good or possibly better than they found it when they were young--though it's difficult to leave it any better.

Simple words, but nonetheless, the underlying philosophy of any good neighborhood association, such as LHIA which has been carrying the torch to look after the

interests of that neighborhood between Bayshore Boulevard and the San Francisco Bay.

We are a part of Visitacion Valley and have worked together for many years on common interests. By working together we stopped monstrocities such as the Trash Burner. We brought in the community programs that many of us use daily. Park beautification and construction, and the ever-growing San Francisco Executive Park are things that came about by neighborhood groups working hand-in-hand with city officials and developers.

We are all to often the most ignored part of the city, which causes small problems to add up until they become a major headache to everybody. This is where your neighborhood association, acting as a liaison between Downtown and the residents, can get the job done. The list is endless, and we have all had the same complaints; big trucks on the same steets as children, an insensitive garbage company, uncontrolled ballgame traffic, visible crime but no visible police.

The Little Hollywood Improvement Association meets every third Wednesday of the month at the Korean Presbyterian Church on 120 Lathrop Ave at 7:pm. All are invited to attend and speak your mind. Please call Don Bartone at 467-9669 for more information and to get on the newsletter mailing list.



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(415) 239-5811李華昌 藥劑科博士
麥龍昌 藥劑科博士OLIVER LEE, Pharm.D.
JOHN LEE, Pharm.D.**Supervisor
Pushes for
ESL Funding**Assemblyman Art Agnos,
speaker.

Supervisor Tom Hsieh is asking for the San Francisco Board of Supervisors to endorse the passage of two State Legislative measures that would appropriate additional state funds for English as a second language classes. "It is crucial that the State of California address the present insufficient allocation of funds for its residents to have the opportunity to learn and acquire English, especially since the passage of Proposition 63, the English as the official language constitutional amendment", stated Supervisor Hsieh.

"It is frustrating to know that, annually, over 2,000 San Franciscans are held on a waiting list before they are able to be accepted in an English class and I believe that all immigrants and refugees want to learn English, but cannot do so because there are not enough English classes", said Hsieh. Currently, population estimates indicate that by the end of this century, the Chinese population in California will exceed a half million persons, with 40% of all Asian immigrants and refugees who come to America settling in California. "The demand for adult English classes will remain strong into the 21st century. I feel compelled to support state legislative efforts to steer more state funds into adult education classes so that community education programs are available to more Californians and brought up to a level which eliminates waiting lists", concluded Hsieh.

Senate Bill 8 (Hart) would, if adopted, increase the funding for adult English classes in the state by 20 million and Assembly Bill 135 (Clute) would appropriate an additional \$12 million for English classes in community colleges and adult schools. Both measures also have the support of Chinese for Affirmative Action.

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San Bruno Mountain

Continued from Page 1

endangered species of butterfly by introducing the butterflies' food sources to other, protected parts of the mountain. When building commences, the natural, prime habitat of the butterflies will be uninhabitable, and it is hoped that the butterflies will find the area set aside for them and use it. There are no scientific certainties that such compromises will save the butterflies.

The Mission Blue and the San Bruno Elfin Butterflies are just two of the many possible victims of development. David Schooley, founder of Bay Area Mountain Watch, a "no-compromise" conservation group, suggests that it is humanity that will suffer the greatest loss if builders have their way with the mountain.

"We should be thinking about what the Bay Area is going to look like to our children and their children," he says. "There should

be a balance between growth and conservancy. Now we are way out of balance. We should be trying very hard to preserve the wild places we have left."

Schooley leads hikes on San Bruno Mountain every weekend, in an effort to show people how special and alive the place is, despite its location in one of the most densely populated areas in the U.S. He'll point out fox trails and (illegal) motorcycle trails; Footsteps of Spring, a native wildflower, and old tracks of bulldozers in the same five minutes, and let you decide. If you're concerned about

further development on San Bruno Mountain, or are interested in participating in a weekend hike, you can call Bay Area Mountain Watch at 467-6631, or Brian Gaffney at 752-4464

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WHEN THE VALLEY WAS YOUNG

By Len Appiano

With establishment of many new homes in Visitacion Valley after the turn of the century came an equally increasing need for better local commerce.

Shops providing various goods and services opened along Leland Ave. and several blocks of San Bruno Ave., later becoming Bayshore Blvd., creating permanent centralized business area for the bustling neighborhood.

Having arrived in the valley in 1904, Charles A. Louis commenced a combined realty and insurance business, opening Leland Ave. shops which also sold dry goods.

Another realtor and insurance man, William R. Markt, also sold properties in the valley.

Among the many industrious carpenters building stylish new valley homes were contractors K.C. Gardner & Sons and Chris Eisenhut on Raymond Ave., and Philip Fetz of Wilde Ave.

Nearby was H.L. Diehl, who operated his painting and paperhanging business on Alpha St.

After their new houses were built, valley residents could purchase home insurance from agent R.B. Hutchinson.

Advertising "crockery, paints, oils, and glass at his business was M. Anderson, whose hardware store was located at 34 Leland Ave.

Neighborhood residents had their choice of groceries, vegetables and fruits at the Bauman's Bay Shore Grocery on Leland Ave..

which also offered wood, coal, grain, gravel, rock, lime and cement, and conveniently operated a drayage business.

Up the hill at their San Bruno Ave. store were the three Pantaleon Brothers, who specialized in "fancy and staple groceries."

Handling the valley's various pharmaceutical needs, Visitacion Valley Pharmacy competed with Bay Shore Pharmacy, which also served as U.S. Post Office Station 25 for the surrounding population.

Over on Campbell Ave., local residents could purchase their baked goods at the Visitacion Valley Bakery, or be fitted for a new suit by tailor L.J. Andersen.

Many motorists undoubtedly stopped at Bill Nutter's Service Station on Visitacion Ave. for expert crank case service, as well as deals on tires, gasoline and oil.

For unparalleled entertainment, a family could go to the one and only Bay Shore Theatre, which proudly proclaimed "We show only the best pictures...come and see!"

Koshland

Grant

Renewed

The Koshland Committee of The San Francisco Foundation has approved a grant in the amount of \$2,500 for 12 months to Visitacion Valley Elementary School in renewal of the Koshland Award for 1986-87.

Grapevine Puzzler

OUR MERCHANT OF THE MONTH!

VALLEY SUPER MARKET

By Anne Kaartunen

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MARCH

GRAPEVINE DRAWING

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Drop your completed coupon in the box at any participating merchant before the 20th of each month to be eligible for our monthly drawing. Coupons will not be retained from one month to the next. No purchase necessary. Must be 18 years or older to win.

February GRAPEVINE drawing winner: CARMEN RODRIGUEZ
Thank you, Willie Evans, Evans House of Music for February's prize.

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Public Reaction Sought To
Candlestick Point Plan

The California Department of Parks and Recreation has prepared a General Plan Amendment, including a Draft Environmental Impact Report, for Candlestick Point State Recreation Area. Copies of this document are available for public review at the following locations:

Visitacion Valley Branch

Library
45 Leland Ave
San Francisco, Ca 94134

Bernal Branch Library

500 Cortland Ave

San Francisco, Ca 94110

Dept. of Park & Recreation

San Francisco District Office

1150 Carroll Ave

San Francisco, Ca 94134

Portola Branch Library

2434 San Bruno Ave

San Francisco, Ca 94134

Comments or questions on this document should be addressed to

James M. Doyle, Supervisor,
Environmental Review Section.
California Department of Parks
and Recreation. Post Office Box
942896. Sacramento, Ca.
94296-0001: Telephone
(916)324-6421. Written comments
must be received prior to March
23, 1987

Kids Benefit
From Latch
Key Program

The Latchkey Program at El Dorado Elementary School offers remedial teaching, home-work assistance, tutoring, educational games, supervised recreational activities and counseling.

Field trips are planned to provide children a chance to expand their experience of the world around them.

This extended day-care program is partially funded by the Koshland Committee of the San Francisco Foundation.

CALENDAR

MARCH

MAR. 11: Merchants Assoc. Meeting, 7:00 p.m., Community Center

MAR. 12: Congratulations Girl Scouts of America on your 75th anniversary

MAR. 12: Alvarado/Geneva Towers PTA, 7:00 p.m., Geneva Towers, Bldg. B Recreation Room. Call 826-1650 for information

MAR. 18: Little Hollywood Improvement Association, 7:00 p.m., at the Korean Presbyterian Church, 120 Lathrop Ave.

MAR. 21: FOUNDERS DAY CELEBRATION, 1:30 p.m. Everyone is invited for entertainment and tea to celebrate Florence Friedman's founding of the Community Center in the gymnasium.

MAR. 27: Improvement Association Meeting, 7:30 p.m., Community Center

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DOES ANYONE KNOW THIS MAN? The Grapevine promised him a copy of this picture during our clean-up campaign with San Francisco 411 and Mayor Dianne Feinstein last August. The picture in full color awaits this man and his daughter at the GRAPEVINE office.

MAR. 28: Artists Luncheon Potluck Picnic, Community Garden, 12 Noon. Call Alison at 467-5248

MAR. 31: Valley United 9:30 a.m., Community Center Everyone is welcome to plan May 16 Street Fair, Parade and Arts Festival

School Holidays

Our Lady of Visitacion
March 16 St. Patrick's Day
April 17 Good Friday
April 20-24 Easter Vacation
San Francisco Public Schools
April 13-17 Spring Recess

Merchants Mini-Notes

By Anne Kaartunen

Stop sign petition sent to Mayor

The petition initiated by the Visitacion Valley Merchants Association regarding stop signs & foot patrol officers has been forwarded to Mayor Feinstein, the SFPD, Municipal Railway and the Department of Public Works. The arterial stop signs have been requested for Raymond at Alpha; Leland Ave at Alpha; and Leland at Desmond.

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How Do Your Gardens Grow?



By Hyoka Bells

Well, Spring is on the way, and it's time to start getting ready to plant. You can start double-digging your spring beds when the soil is dry enough to work. Don't forget to compost all those wonderful weeds, or dig in cover crops. I usually add some fish emulsions at this time also. You do need to feed your soil!!!

Plant Directly: Beets, carrots, garlic sets, onion sets, potatoes, radishes, salsify, shallot sets, spinach, turnips, nasturtiums, peas (after March 15), early corn.

Start in flats eggplant, lettuce, New Zealand spinach, okra, parsley, peppers, rutabagus, scallions, tomatoes (early varieties), broccoli, cabbage

cauliflower, celery, cucumbers, leeks, peppers.

Flowers, asters, calendula, herbs, marigolds, zinnias, flowering perennials.

Transplant bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, chard, chives, collards, leeks, lettuce, lovage, onions, spinach, scallions, and flowers like calendula, larkspur, lantana, nemesia, pansies & violets, snapdragons, stock.

Fertilize raised beds and vegetable beds, perennial flowers, citrus and spring bulbs.

Lift and divide perennials, daisies, daybulbs, campanula, dianthus.

Root new chrysanthemum cuttings. Prune spring blooming shrubs, quince, flowering plum, laburnum (after they have finished blooming).

Check gardens for slugs, snails, and cabbage looper moth.

Happy Gardening!

petition. Let us hope that the city responds promptly and effectively!

Rosa's Boutique Moving To New Location

Rosa's Boutique, formerly located at 51 Leland Ave, has moved to 15 Leland Ave. Watch for re-opening.

The new building at 120 Leland Ave will be completed soon. Upper level for apartments, lower level for a possible (and much needed) hardware store.

Why do we have so many vacant stores? Leases too short? Unkempt.. unsafe business area? Duplication of similar businesses? The Merchants Association is currently addressing these concerns. Why not team up ...Become a Merchant member? The next meeting will be on March 11th at 7p.m. at the Community Center.

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		Bus Greyhound	

SportScene

By Frank Oddo

Nobody Does It Better!

Look around your neighborhood. It has so much to offer. A prime example is the San Francisco Boys and Girls Club at 2564 San Bruno Avenue. For \$5.00/year kids 6 years to age 17 can participate in the following activities: baseball, basketball, volleyball, weight training, boxing, kung Fu, swimming, soccer, floor hockey, wiffleball, ping pong, bumper pool, field trips, day camp and so much more. There are exercise programs for adults, even entertaining Reno Trips (March 28-29). Club hours are Tues-Thur 2:30 p.m. - 9:30 p.m. and Saturday 10:00 a.m. - 6:00 p.m.

ELEMENTARY KICKBALL 1987

March 13
El Dorado at Visitacion Valley

March 20
Visitacion Valley at Alvarado
El Dorado bye

March 27
Ulloa at El Dorado
Visitacion Valley bye

Have a sport or sport like activity you want publicized? Call Frank Oddo at 467-2600 days or 467-4317 evenings.

Besides sports oriented programs there are arts and crafts including ceramics, woodworking, painting and photography. There is even help for kids who have problems with their homework! A

monthly newsletter keeps you abreast of all that is happening at the club. The superb staff of manager Gary Kidd, physical activities director Jerome Wysinger, and cultural arts director, Don Kelly are extremely helpful in answering any questions you may have on Club activities. For more information call 468-0616. Come on--Join the Club!

Local Entertainer Releases New Album

Johnny Nelson owner of Mila's Video and Valley resident, has a soon to be released album of exciting original material that blends Latin, Jazz, Rock and Pop, entitled "Si Me Ves Diferente" (If you find that I have Changed). The full-bodied instrumentation of this release includes timbales, bassoon, soprano sax, piano, synthesizers, violin, bass, percussion and congas.

A dynamic singer, showman and poet, Nelson began singing as a boy in his native Puerto Rico. He emulated his favorite singing idols, Tito Rodriguez and Joe Valie until he developed his own style in his late teens when he began his professional career.

Nelson has been lead vocalist for such successful bands as Benny Velaede, Escouedo Bros., Johnny Martinez, Willie Bobo and



ENTERTAINER JOHNNY NELSON

Francisco Aquabella. He formed his first orchestra in 1974.

Coming soon to Evans House of Music -- Johnny Nelson's new release, "Si Me Ves Diferente".

New Advisory Program Improves Parent-Student Communication

There is a new program at Visitacion Valley Elementary School called the Elementary Student Advisor Program. The purpose of the program is to improve communication between the teachers, parents, students and community. The Student Advisor works everyday from 8:30 -- 3:00. Her name is Stephanie Jackson. You may contact her by calling the school, telephone number 239-7396.

Some of the duties of the Student Advisor include: (1) scheduling parent/teachers conference; 2) notifying parents by phone, letters or home visits concerning sons/daughters behavior, excessive tardiness or absence and illness; (3) counseling and advising students individually in the classroom, or on the yard; (4) notifying parents and teachers of community activities that may benefit our students.

Teachers and parents are encouraged to contact the Student Advisor to discuss concerns about the students in our school. Maybe, working together we can find a solution to the problem.



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